# Aerobic Exercise Program

Name _____

Exercise Objectives _____

Realistic Exercise Schedule (days per wk/time per workout)_____

F.I.T. Principle (ACSM exercise guidelines)

Frequency: Exercise at least 3 times per week.

Intensity: Exercise within your target rate range specific to your goals (50-90% Maximum Heart Rate (MHR)).
Your personal exercise heart rate is _____to_____Your 10-sec heart rate is ____to____.

For assistance in finding your personal exercise THR, contact your local MWR Fitness Coordinator or a Certified Personal Trainer.

Time: Exercise at least 20 to 60 minutes.

Type: Aerobic activities are those that can be sustained for a long period of time. Examples include running rowing, swimming, cycling, aerobic dance, skiing, stair climbing, and rollerblading.

| Activity | THR | Date | Date | Date | Date | Date | Date | Date | Date | Date | Date |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | Min | | | | | | | | | | |
| | | | | | | | | | | | |
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1. Warm up prior to and cool down after each workout (2-5 min).

2. Increase your flexibility by stretching before and after each workout.

3. Over-exertion can be hazardous to your health. Stay within your training heart rate when exercising.

5. Cool down gradually and lower your heart rate to 100 beats per min or 16 for a 10 second count per completion.

6. Be sure that your body is adequately hydrated. At least a cupful per 15 min of exercise is recommended.

7. When exercising, be careful in extreme weather conditions, especially hot, humid weather.

8. Remember to use protective equipment, i.e., helmet, elbow, knee

# Muscular Exercise Program

**Exercise Guidelines:**

- Warm-up 5-10 minutes before starting weight training; ie. walking, rowing.
- Perform exercises at least 2-3 times per week, per muscle group.
- Improvement will only result after overloading a muscle in a progressive manner.
- Exercise the large muscle groups first and work out to the extremities.
- Exhale during the main portion of the exercise; inhale during the release.
- Accentuate the lowering portion of each repetition (+2 contract, -4 extend).
- Eliminate unnecessary movements - do not overstress the back.
- Muscle fibers need 48-72 hours to rebuild. Always allow at least 1 day of rest between strength training of the same muscle group.
- When muscles on one side of the joint are trained, then the muscle group that is opposite should also be exercised (agonist/antagonist muscles).
- Stretching after a muscle exercise program will decrease muscle soreness.

Name _____

Exercise Objectives

_____

_____

Realistic Exercise Schedule

Days of week/time per exercise session

_____

_____

| Activity | Muscle Group | Sets/Reps WT | Date | Date | Date | Date | Date | Date | Date | Date |
|---|---|---|---|---|---|---|---|---|---|---|
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# Stretching Prograı

Name _____

Exercise Objectives _____

Realistic Exercise Schedule (days per wk/time per workout)_____

- Warm up 3-5 minutes before stretching
- Stretch to a point of mild tension
- Prevent bo
- C

- Hold each stretch for 10 to 30 seconds
- Repeat each stretch 3 to 5 ti

Neck Stretch

Upper Back Stretch

Triceps Stretch

Chest & Biceps Stretch

Hamstring Stretch

Quadriceps Stretch

Calf Stretch

Butterfly Stretch

Lower Back Stretch (1 knee)

Back Extension Stretch

| Stretch | Date | Date | Date | Date | Date | Date | Date | Date | Date | Date | Date |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Neck Stretch | | | | | | | | | | | |
| Upper Back Stretch | | | | | | | | | | | |
| Triceps Stretch | | | | | | | | | | | |
| Chest & Biceps Stretch | | | | | | | | | | | |
| Hamstring Stretch | | | | | | | | | | | |
| Quadriceps Stretch | | | | | | | | | | | |
| Calf Stretch | | | | | | | | | | | |
| Butterfly/Groin Stretch | | | | | | | | | | | |
| Lower Back Stretch | | | | | | | | | | | |
| Back Extension Stretch | | | | | | | | | | | |

# (Exercise) Target Heart Rates

| Age | EMHR | 60% | 65% | 70% | 75% | 80% | 85% |
|---|---|---|---|---|---|---|---|
| 18 | 202 | 121 | 131 | 141 | 152 | 162 | 172 |
| 19 | 201 | 121 | 131 | 141 | 151 | 161 | 171 |
| 20 | 200 | 120 | 130 | 140 | 150 | 160 | 170 |
| 21 | 199 | 119 | 129 | 139 | 149 | 159 | 169 |
| 22 | 198 | 119 | 129 | 139 | 149 | 158 | 168 |
| 23 | 197 | 118 | 128 | 138 | 148 | 158 | 167 |
| 24 | 196 | 118 | 127 | 137 | 147 | 157 | 167 |
| 25 | 195 | 117 | 127 | 137 | 146 | 156 | 166 |
| 26 | 194 | 116 | 126 | 136 | 146 | 155 | 165 |
| 27 | 193 | 116 | 126 | 135 | 145 | 154 | 164 |
| 28 | 192 | 115 | 125 | 134 | 144 | 154 | 163 |
| 29 | 191 | 114 | 124 | 134 | 143 | 153 | 162 |
| 30 | 190 | 114 | 123 | 133 | 143 | 152 | 162 |
| 31 | 189 | 113 | 123 | 132 | 142 | 151 | 161 |
| 32 | 188 | 113 | 122 | 132 | 141 | 150 | 160 |
| 33 | 187 | 112 | 122 | 131 | 140 | 150 | 159 |
| 34 | 186 | 112 | 121 | 130 | 139 | 149 | 158 |
| 35 | 185 | 111 | 120 | 130 | 138 | 148 | 157 |
| 36 | 184 | 111 | 120 | 129 | 138 | 147 | 156 |
| 37 | 183 | 110 | 119 | 128 | 137 | 146 | 156 |
| 38 | 182 | 109 | 118 | 127 | 137 | 146 | 155 |
| 39 | 181 | 109 | 118 | 127 | 136 | 145 | 154 |
| 40 | 180 | 108 | 117 | 126 | 135 | 144 | 153 |
| 41 | 179 | 107 | 116 | 125 | 134 | 143 | 152 |
| 42 | 178 | 107 | 116 | 125 | 134 | 142 | 151 |
| 43 | 177 | 106 | 115 | 124 | 133 | 142 | 150 |
| 44 | 176 | 106 | 114 | 123 | 132 | 141 | 150 |
| 45 | 175 | 105 | 114 | 122 | 131 | 140 | 149 |
| 46 | 174 | 104 | 113 | 122 | 131 | 139 | 148 |
| 47 | 173 | 104 | 112 | 121 | 130 | 138 | 147 |
| 48 | 172 | 103 | 112 | 120 | 129 | 138 | 146 |
| 49 | 171 | 103 | 111 | 120 | 128 | 137 | 145 |
| 50 | 170 | 102 | 110 | 119 | 128 | 136 | 145 |
| 51 | 169 | 102 | 110 | 118 | 127 | 135 | 144 |
| 52 | 168 | 101 | 109 | 118 | 126 | 134 | 143 |
| 53 | 167 | 100 | 109 | 117 | 125 | 134 | 142 |
| 54 | 166 | 100 | 108 | 116 | 125 | 133 | 141 |
| 55 | 165 | 99 | 107 | 116 | 124 | 132 | 140 |
| 56 | 164 | 98 | 107 | 115 | 123 | 131 | 139 |
| 57 | 163 | 98 | 106 | 114 | 122 | 130 | 139 |
| 58 | 162 | 97 | 105 | 113 | 122 | 130 | 139 |
| 59 | 161 | 97 | 105 | 113 | 121 | 129 | 137 |
| 60 | 160 | 96 | 104 | 112 | 120 | 128 | 136 |
| 61 | 159 | 95 | 103 | 111 | 119 | 127 | 135 |
| 62 | 158 | 95 | 103 | 111 | 119 | 126 | 134 |
| 63 | 157 | 94 | 102 | 110 | 118 | 126 | 133 |
| 64 | 156 | 94 | 101 | 109 | 117 | 126 | 133 |
| 65 | 155 | 93 | 101 | 109 | 116 | 124 | 132 |
| 66 | 154 | 92 | 100 | 107 | 116 | 123 | 130 |
| 67 | 153 | 92 | 99 | 107 | 115 | 122 | 130 |
| 68 | 152 | 91 | 99 | 106 | 114 | 121 | 129 |
| 69 | 151 | 91 | 98 | 105 | 113 | 120 | 128 |
| 70 | 150 | 90 | 97 | 105 | 113 | 120 | 127 |